

# Missouri Arthritis and Osteoporosis Program

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## 2003 Behavioral Risk Factor Surveillance System *Arthritis Fact Sheet*



*Missouri Department of Health and Senior Services*



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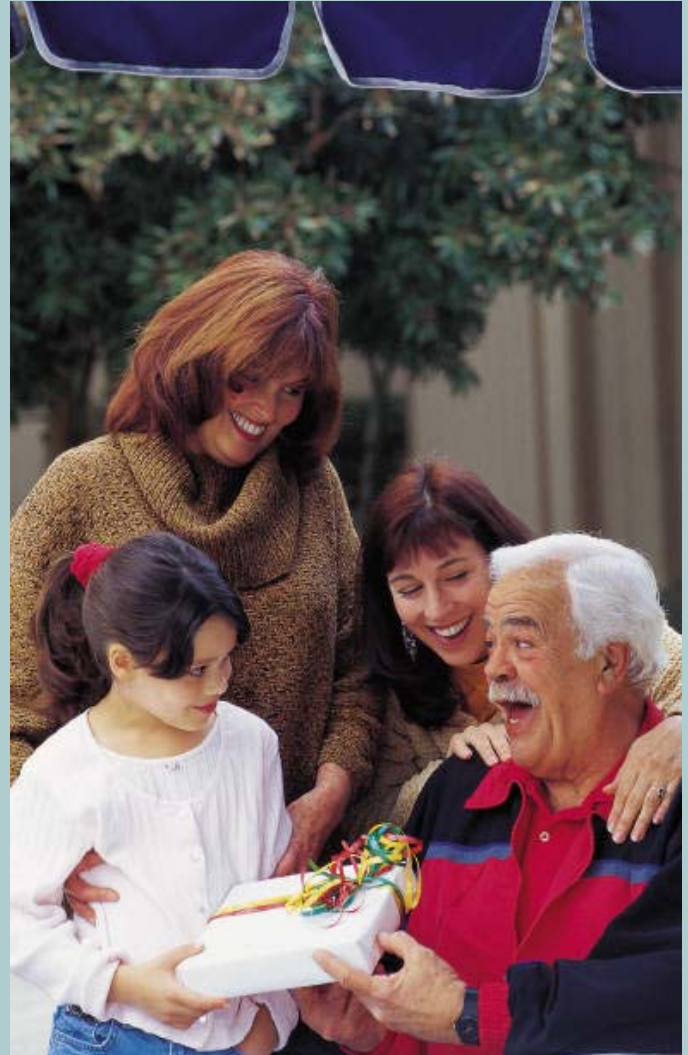
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# Arthritis

- In general, the word arthritis applies to more than 100 different conditions of unknown or varied causes.
- Joint involvement is the most characteristic aspect of arthritis, but various forms can also result in such problems as kidney disease, blindness, and premature death.
- Arthritis causes pain, loss of movement, and sometimes swelling of joints and tissues.
- Common forms of arthritis include: Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, Gout, Ankylosing Spondylitis, Juvenile Arthritis, Systemic Lupus Erythematosus also known as Lupus or SLE, and Scleroderma.

## Arthritis in This Report

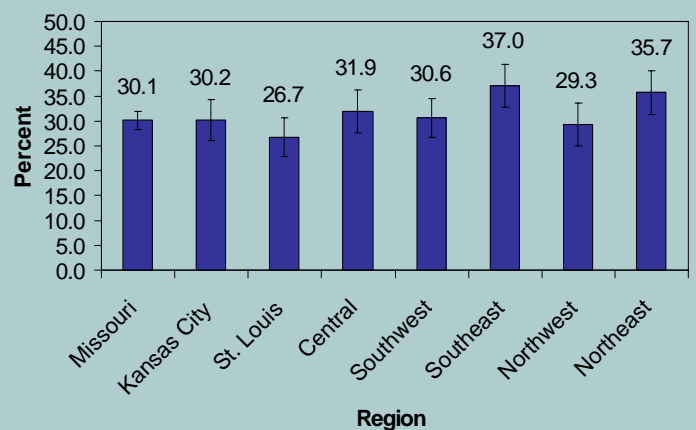
- In this fact sheet, doctor-diagnosed arthritis refers to self-reported doctor-diagnosed arthritis.
- Self-reported doctor-diagnosed arthritis is defined as those who answered “yes” to the Behavioral Risk Factor Surveillance System (BRFSS\*) survey question: “Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”



## Who Has Arthritis in Missouri

- In 2003, an estimated 1,280,447 individuals (30.1%) identified themselves as having doctor-diagnosed arthritis in Missouri.
- The national state median prevalence for doctor-diagnosed arthritis was 27%.
- When comparing the prevalence of doctor-diagnosed arthritis by BRFSS regions to the state, only the Southeast region showed a statistically different prevalence percent (Figure 1).
- The prevalence of doctor-diagnosed arthritis varies by race/ethnicity, however the difference is not statistically significant (30.5% for white, non-Hispanics versus 27.3% for black, non-Hispanics).

Figure 1: Prevalence of Doctor-diagnosed Arthritis in Missouri and the BRFSS regions, 2003



- Females are statistically more likely to report having doctor-diagnosed arthritis compared to males (34.2% to 25.6%).
- The prevalence of doctor-diagnosed arthritis statistically increases with age. Middle-aged adults were more than twice as likely to report having been diagnosed by a physician with arthritis than younger adults, and older adults were more than four times as likely to report doctor-diagnosed arthritis compared to younger adults and approximately one and a half times as likely to report doctor-diagnosed arthritis compared to middle-aged adults (Figure 2).
- The prevalence of doctor-diagnosed arthritis varies by years of education. Although the difference is not statistically different with each phase of education completed, those completing some college or more are statistically less likely to report doctor-diagnosed arthritis than those with a high school diploma/GED or less (Figure 3).
- Doctor-diagnosed arthritis is most prevalent among those who are unable to work (66.0%) and those who are retired (57.6%). The difference between the two is not statistically different, but each is statistically higher than the other employment categories (Figure 4).
- Those reporting an annual income less than \$15,000 were twice as likely to report doctor-diagnosed arthritis than those with an annual income greater than \$50,000 (Figure 5).
- The prevalence of doctor-diagnosed arthritis statistically increases as body mass index (BMI) increases (BMI less than 24 was 23.8%, BMI 24.0-29.9 was 31.2%, and BMI 30 or higher was 40.0%).



Figure 2: Prevalence of Doctor-diagnosed Arthritis by Age in Missouri, 2003

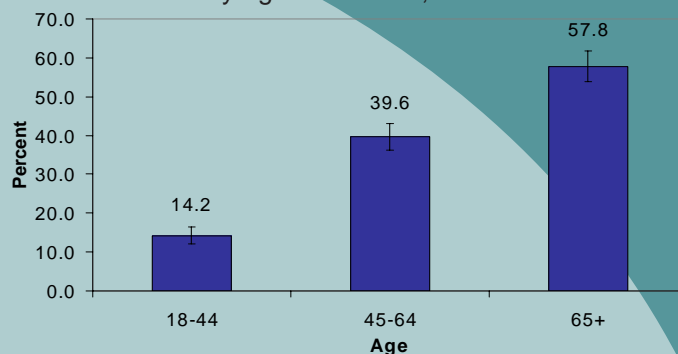


Figure 3: Prevalence of Doctor-diagnosed Arthritis by Education in Missouri, 2003

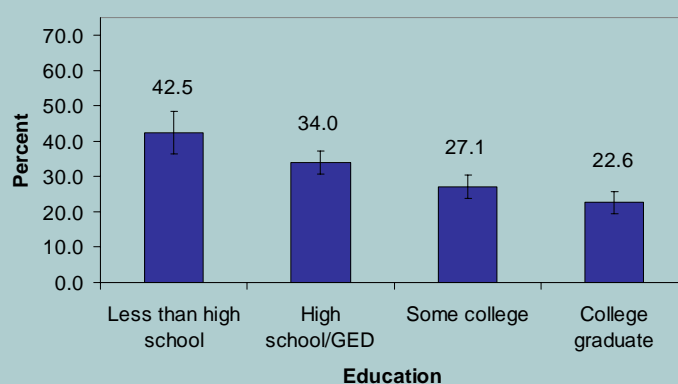


Figure 4: Prevalence of Doctor-diagnosed Arthritis by Employment Status in Missouri, 2003

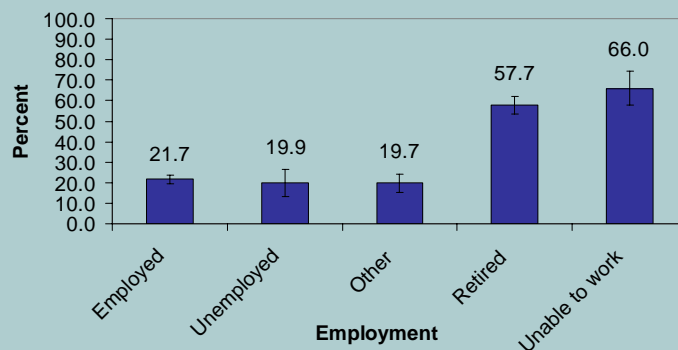
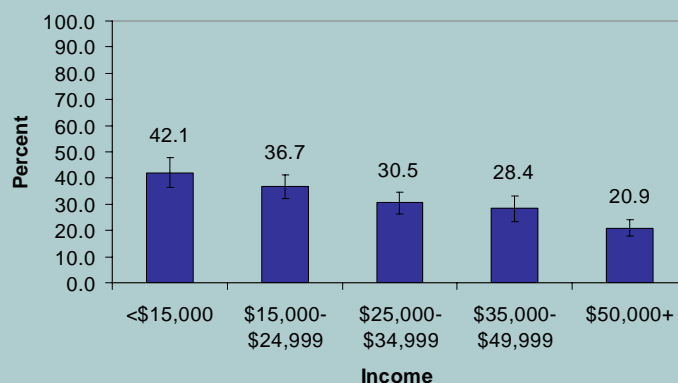


Figure 5: Prevalence of Doctor-diagnosed Arthritis by Income in Missouri, 2003



## The Effects of Arthritis

- Among those with doctor-diagnosed arthritis experiencing joint pain in the past 30 days, individuals reported:
  - being able to do most things they would like to do as a result of their arthritis (42.2%);
  - no limits in any way in any of their usual activities as a result of their arthritis (68.4%).
- Among those who are 18 to 64 years of age with doctor-diagnosed arthritis experiencing joint pain in the past 30 days, individuals reported:
  - no affect whether they worked, the type of work done, or the amount of work they did as a result of their arthritis (58.2%).

## Arthritis Education

- Only 11.8% of those with doctor-diagnosed arthritis reported ever taking an educational course or class to teach them how to manage problems related to their arthritis.

## BRFSS

- State-based system of health surveys that generate information about health risk behaviors, clinical preventative practices, and health care access and use as they primarily relate to chronic disease and injury.
- Data are collected from random-digit-detailed telephone surveys among non-institutionalized adults aged 18 years or older.
- For additional information, see <http://www.cdc.gov/brfss> or <http://www.dhss.mo.gov/BRFSS>.

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